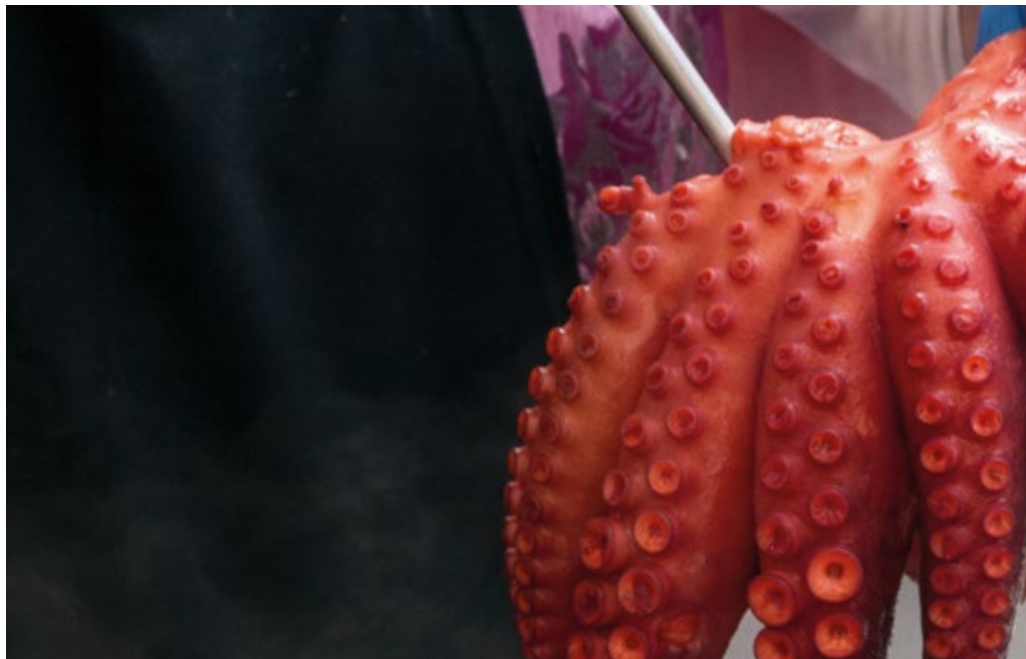


TASTE AND ENJOY

Delight your appetite

GASTRONOMY / WINE TOURISM IN THE RÍAS BAIXAS





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A world of sensations

GASTRONOMY / WINE TOURISM IN THE **RÍAS BAIXAS**

Perhaps you didn't know, but the **Rías Baixas** constitute the area with the greatest flow of gastronomy tourism in the whole of Galicia. And this is mainly due to the **quality of the raw materials** in the Rías Baixas. The Atlantic Ocean offers a wide range of quality products, from which we extract our famous fish and seafood, renowned worldwide. Pontevedra's green forests and fields are the origin of a number of important products such as "cogumelos" (wild mushrooms in Galician). Not forgetting our exceptional **beef, lamb, poultry and pork**, all of which can be washed down with one of our great D.O. Rías Baixas wines. Has this whet your appetite? Well, you know what you can do: come and **get a taste of the Rías Baixas**.



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Rías Baixas quality products

Protected geographical indication products (PGI)

GALICIAN BEEF

The “rubia gallega” (Galician “rubia” breed) stands out as the genuinely autochthonous beef from the northwest of Spain. The “Galician Beef” quality seal guarantees that the cows have been fed correctly and that the use of any products that could interfere with normal growth rate and development has been prohibited. The result? An extraordinarily tender and juicy meat, which more than meets the requirements of the most exquisite and demanding palates in search of unique and special sensations when eating beef.

More information at:

www.terneragallega.com



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GALICIAN HONEY

Galician honey is a natural and fresh product made using the traditional methods of years gone by. The climate in the Rías Baixas is especially benevolent and mild, with the influence of sea winds which provide for a rich and varied flora, generating the conditions for monofloral honey production as well as a wide range of thousand flower honeys.

The apiaries tend to be small and artisanal, looked after and pampered with great care, ensuring the highest quality in the extraction and packing processes.

More information at:

www.mieldegalicia.org



SHOULDER OF PORK

Galician “lacón” is the meat obtained from the shoulders of the pig after processing, which involves the salting, washing, standing and curing phases. “Lacón” consumption is a deeply-rooted tradition in Galicia and throughout the Rías Baixas, and is associated with special times of the year, such as Christmas Eve. Its flavour is unique and it perfectly defines Galician culture.

More information at:

www.crlacongallego.com





Products with protected designation of origin (PDO)

GALICIAN MUSSELS

Only the mussels that come from the Galician rías can bear the trademark “Galician Mussel” on the label as a hallmark of its exclusiveness.

The Galician Mussel is synonymous with a traditional and natural mussel farming method and it boasts some special characteristics relating directly to the area in which it breeds. The Rías Baixas are one of the most important deposits of phytoplankton – mussels’ main food source – in the world, and it is this characteristic that lends the Galician Mussel its unique texture, taste and colour, differentiating this raw material from any other and from any other origin.

More information at www.mexillondegalicia.org

Spirit drinks with a protected geographic indication

LIQUOR DISTILLED FROM GRAPE REMAINS

“Orujo” is the liquor obtained by distilling the remains of grapes harvested in the vineyards of Galicia, with suitable quality and characteristics. Bearing in mind the reputation and tradition of the production sub-areas (which coincide with the D.O. of Galician wines), Galician “orujo” is protected by the Geographical Denomination “Orujo de Galicia” / “Augardente de Galicia”.



GALICIAN HERBAL LIQUOR

Spirit drink made from the “aguardiente” liquor, and protected by the Geographical Denomination “Orujo de Galicia” / “Augardente de Galicia”. Through the maceration and/or distillation of the alcohol, a minimum of three plant species apt for food products is used, lending it its characteristic flavour.



GALICIAN COFFEE LIQUEUR

One of Galicia’s most highly-acclaimed liquors, this coffee liqueur is a traditional spirit drink made with ethyl alcohol of agricultural origin and through the maceration of natural roast coffee beans. With its distinctive flavour, Galician coffee liqueur is protected by the Geographical Denomination “Orujo de Galicia” / “Augardente de Galicia”.



GALICIAN HERBAL LIQUEUR

Made from the “aguardiente” liquor, it is similar to the “Augardente de Hierbas” and is also protected by the Geographical Denomination “Orujo de Galicia” / “Augardente de Galicia”. It has a highly traditional flavour thanks to the combination of a variety of herbs and its alcohol content ranges from 20 %-40 % ABV.



More information at www.orujodegalicia.org



DENOMINACIÓN DE ORIGEN
Rias Baixas
CONSEJO REGULADOR



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Wines

D.O. RÍAS BAIXAS

Products with protected designation of origin (PDO)

The **Denomination of Origin Rías Baixas** receives the name of the area where it is based: the southern area of the Galician rías, coinciding with the area of the province of Pontevedra. This place is characterised by its mild Atlantic climate, benevolent for the production of these wines which accompany fish, seafood and the latest creations in sea cuisine to perfection. D.O. Rías Baixas wines are ideal for enjoying as an aperitif or as part of a more refined gastronomic experience.

There are **five sub-areas that fall within this D.O.** with different characteristics (**Val do Salnés, Condado de Tea, Soutomaior, O Rosal and Ribeira do Ulla**), and wine is produced exclusively using grapes of the following varieties:

- Preferential white varieties: albariño, loureira branco or marqués, treixadura and caíño branco.
- Preferential red varieties: caíño tinto, espadeiro, loureira tinta and sousón.
- Authorised white varieties: torrontés and godello.
- Authorised red varieties: mencia, brancellao, pedral and castañal.

The D.O. Rías Baixas white wines are dry, aromatic and crisp, with flavours of honeysuckle and fruit and a long and fine aftertaste.

The **O Rosal and Condado do Tea** wines are personalised, in that their composition includes the loureira and treixadura varieties, respectively. They have intense aromas and a slight acidity, but are pleasant and attractive.

Wine tourism in the Rías Baixas is renowned internationally. This is because the Rías Baixas is a land of taste in which their vineyards reflect a colour scheme unique to such beautiful countryside.

More information at the D.O. Rías Baixas Regulatory Council: www.doriasbaixas.com



Our marine products

SEAFOOD

If we talk about the Rías Baixas' seafood, apart from the mussel with its denomination of origin (the star product), a wide range of highly-valued species exist in the region.

CLAM: It normally lives buried in the sand in intertidal areas. Four types of clams are to be found in the Rías Baixas: grooved carpet shell, Japanese carpet shell, banded carpet shell and pullet carpet shell. The clam from Carril, in Vilagarcía de Arousa, is the most renowned and highly-regarded by knowledgeable clam eaters.

COCKLE: Increasingly abundant on our shores, cockles have seen a revival as one of the most typical and delicious products in the Rías Baixas.



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OYSTER: Considered one of the most exquisite of all seafoods. Due to its scarcity, it is farmed on rafts and in shallow waters. The most well-known oyster is from Arcade, in Soutomaíor.

VELVET CRAB: This crustacean features prominently among the Rías Baixas' wide range of seafood. It is brownish-grey in colour, is soft and velvety to the touch, and has a characteristic taste. It is the star product of many recipes.

SPIDER CRAB: Similarly to the velvet crab, it provides us with different and novel tastes, from its delicate claw meat to the more robust flavour of its internal body meat. We can distinguish between the male and the female by the topside of its shell: the female has a wider and rounder topside; and the male has a narrower and longer topside.

BARNACLE: This highly-esteemed product is born embedded into rocks and withstands being battered by the waves, capturing the taste of the sea during this battle and incorporating the flavour in its meat, to the delight of barnacle-eaters.

LOBSTER: One of the most coveted species of our waters. In the Rías Baixas, it is called the spiny lobster.

FISH

SEA BASS: Highly-regarded and with a high market value. It is usually served grilled, baked or in a stew. For many diners, the best time of the year to enjoy sea bass is from August to March, and the most prized part is the head.

MONKFISH: Also known as “toad fish”, as its head resembles that of a toad. Its meat is firm, robust in taste and it has few bones.

XOUBAS: This is the name used to describe sardines when they are small. One of Galicia's star dishes from the feast of St. John onwards throughout the summer, along with grilled sardines.

TURBOT: One of the Rías Baixas' most exquisite species of flat fish. Easy to clean and cook.



365 Days of flavour

GASTRONOMIC EVENTS

Gastronomic festivals of National Tourist Interest

“Cocido” festival in Lalín

Lalín. Weekend prior to the carnival

Albariño festival

Cambados. First weekend in August

Seafood festival in O Grove

O Grove. Second week in October



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Festivals of Galician Tourist Interest

Pork shoulder with turnip greens festival

Cuntis. Sunday after the carnival

Exaltation of the black corn

Bueu. Last weekend in March

Cottage cheese and honey festival

As Neves. Good Friday

Arcade oyster festival

Soutomaior. First weekend in April

Lamprey festival

Arbo. Last weekend in April

Cuttlefish festival

Redondela. Second weekend in May

Salmon festival

A Estrada. Third weekend in May

Trout festival

Ponte Caldelas. Last weekend in May

Free-range cockerel festival

Vila de Cruces. Last weekend in May

Lobster and sea cuisine festival

A Guarda. First weekend in July

O Rosal wine festival

O Rosal. Third weekend in July

Scallop festival

Cambados. Third weekend in July

Lamb roasted on a spit festival

Moraña. Last Sunday in July

Spanish omelette festival in Laro

Silleda. First Friday in August

Cockle and mussel festival

Vilanova de Arousa. Second week in August

Cured ham festival

A Cañiza. 15 August

Carril clam festival

Vilagarcía de Arousa. First Sunday after 15 August

Bandeira savoury pie festival

Silleda. Third Saturday in August

O Condado wine festival

Salvaterra do Miño. Last weekend in August

Eel and “augardente” festival

Valga. Last weekend in August



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Signature cuisine with a star

RECIPES

Scallop in cured meat skin and cornbread

By Antonio Botana

Restaurante Pandemonium (Cambados)

INGREDIENTS:

4 scallops
200g "cecina"

Soup spoon of salt
½ loaf of cornbread

PREPARATION:

THE SCALLOPS. Choose 4 large scallops, clean well, removing the coral, and leaving only the meat. Freeze a piece of the "cecina" to be finely grated almost to a dust. Place the scallops on a baking tray in a steam oven at a low temperature, covered in cling film so that the heat does not reach them directly. When they begin to heat, remove to be served warm.

CORNBREAD. Cut into thin slices and toast in a medium oven. Set aside.

PRESENTATION. Salt the scallops and coat with the "cecina" dust, like a skin, cut and place them on a plate with the thinly cut, crunchy cornbread.

Galician stew in its potatoe

By Xosé Cannas

Restaurante Pepe Vieira (Poio) | * Michelin star

INGREDIENTS:

1 ham bone
1 beef bone
½ kg potatoes
400 g white beans
1 l “cocido” stock
5 l water
1 bunch of turnip greens

1 “cacheira” (salted pig’s head)
1 rack of ribs
Salted brisket (fatty pork)
½ kg chick peas
1 bay leaf
1 clove
10 potatoes (approx. 120g each)
500 ml sunflower oil
2 “chorizos”

PREPARATION:

THE STOCK. Place the ham, beef, “chorizos” and beans (which have been left to soak overnight) in a large pot to cook. Later, add the potatoes. Clean the turnip greens and cook in the stock until soft and set aside. When the stock is ready, let it cool. Then mash the potatoes, beans, turnip greens and stock (all together). Pass through a strainer and set aside.

THE COCIDO. The meat should be desalted over two days in plenty of water. Then cook for two hours approximately and set aside 2 litres of the water used.

THE CHICKPEAS. It is necessary to soak them for 24 hours. Drain and place in a pot to cook in 1 litre of the stock, along with the bay leaf and the clove.

THE POTATOES. Peel the potatoes and leave them round in shape. Then hollow them with a melon baller and fill them with the meat which has been taken off the bone and cut into pieces along with some of the chickpeas. Vacuum pack and cook for 30 minutes at 100° C.

“CHORIZO” OIL. Cut the “chorizos” into pieces and confit in oil at 95° C for 20 minutes. Strain the oil and set aside.

PRESENTATION. Serve the potato with a little “chorizo” oil and cover with the green stock.



Marinated scallops on guacamole and their coral

By Pepe Solla

Restaurante Casa Solla (Poio) | * Michelin star

INGREDIENTS:

12 large scallops

1 spring onion

1 guacamole

1 medium size tomato

¼ spring onion

1 pickled jalapeño pepper

Juice of two limes

3 sprigs of coriander

Scallop coral

Fish stock

Citrus fruit: lemon, lime, grapefruit

Fresh ginger

Extra virgin oil

Salt and sugar

PREPARATION:

THE SCALLOPS. Clean and set aside the coral. Cut each of the scallops into pieces, mix the salt and sugar in the ratio of 2 to 1, squeeze 1 lime, 1 lemon and ½ a grapefruit, grate a little ginger and marinate the scallops for approximately 10 minutes. Then rinse and dry.

THE GUACAMOLE. Peel the tomato, dice along with the avocado, chop the onion, coriander and pepper with a brunoise cut, mix it all together and grind in a mortar and pestle. Dress with the juice and a little of the pickled vinegar and adjust the salt. Set aside.

THE CORAL. Heat the stock and place the coral in it, bring to the boil and mash. Add salt and strain. Leave to cool.

THE SPRING ONION. Cut the onion and roast at a high temperature. When it is golden, add water. Leave it to cook, then mash until it reaches a glazed texture. Adjust the salt, strain and set aside.

PRESENTATION. Draw a coral tear on a plate. Place the guacamole in the tear, then add the marinated scallop and the roasted onion juice.



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